

# Alcohol: Drug Breakdown

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# What is Alcohol?

- Depressant- slows down vital functions
- Known as:
  - Booze
  - Brew
  - Jack
- Amount of alcohol consumed determines the type of effect the drinker will have.



# Physical Effects

- Slurred speech and inability to think rationally
- Unsteady movements and inability to react quickly
- Disturbed perceptions



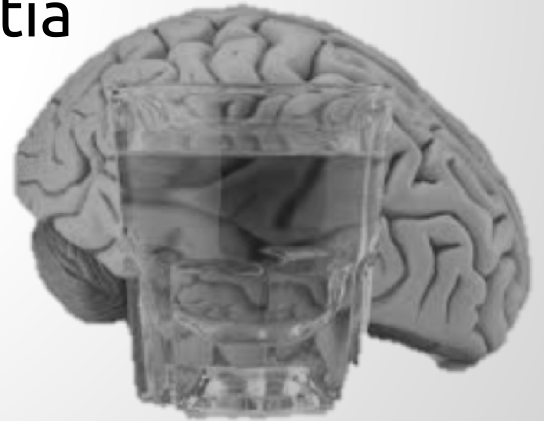
# Psychological Effects

- Alcohol numbs what you feel, including your emotions
- Disrupts the chemical balance in the brain
- Depression
- Can trigger psychotic episodes (psychosis)
- Linked to suicide and self-harm
- Aggression
- Increases anxiety and stress



# Psychological Effects cont.

- Interferes with sleep
- Interferes with neurotransmitters
  - Chemicals in the brain that help transmit signals from one nerve to another
- Can cause hallucinations and dementia
- Damages memory



# Alcohol in Society

- Rules have changed, but drinking behavior has not
- Increased problems in colleges
- Alcohol is implicated in many crimes, assault, and child abuse
- $\frac{1}{3}$  of all suicides involve alcohol
- People think it relieves stress



# Medication Treatments

- Naltrexone, Trexan, Revia, and Vivitrol
  - These interact with the pleasure you get from drinking.
- Disulfiram
  - Makes you sick to your stomach when you drink.
- Acamprosate
  - Reduces cravings and/or the urge to drink alcohol.



# Rehabilitation

- Steps to Recovery
  - Admit his/her problem
  - Enter a treatment program and/or get therapy
  - Stay sober
    - join support groups
    - relapse
- 90% of alcoholics will enter relapse after rehab
  - causes=exposure to alcohol, stress, connection to activities involving drinking

Road To Recovery



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